

# FORGING THE FUTURE:



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<http://www-nehc.med.navy.mil/hp/index.htm>

## Friday FACTS

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18 August 2000

"Leadership, Partnership, and Championship"

### Short Term Weight Gain After Tobacco Cessation

According to a recent article (Pomerleau, O.F., et. al., 2000, Journal of Substance Abuse Treatment, 18, 339-342) short-term weight gain in woman following cigarette cessation may be a bigger obstacle to successful outcome than does long term weight gain. See the article for more information.

### Some Coming Attractions... from the National Highway Traffic Safety Administration (NHTSA) [www.nhtsa.dot.gov](http://www.nhtsa.dot.gov)



**Getting to School Safely** is a new program being created by NHTSA and its partners. A "Community Action Kit" will contain information and materials needed to create community-based programs addressing

safe school travel for **School year 2000-2001**. to order a kit, please fax your name and mailing address to 202-366-7721  
Attn: Arlene



### Drive Safely Work Week

**September 11-15, 2000** is an opportunity for organizations to help their employees practice safe driving habits both at home and at work, decreasing the direct and indirect costs

of motor vehicle crashes. To order contact NETS ® National at 1-888-221-0045 or [www.trafficsafety.org](http://www.trafficsafety.org)



**PPIP Policy UPDATE!** The Navy PPIP policy (BUMEDNOTE 6100) is being updated and will be coming out soon. A "DRAFT" of the next Note called "Guidance on Incorporating the PPIP Program into Command Optimization Efforts" is available for viewing on the PPIP home page.

Download your copy today and notice the changes, tie in to Population Health Improvement, and emphasis on the goals of MHS Optimization. <http://www-nehc.med.navy.mil/hp/ppip/policy/index.htm>

### Cigar Warning Labels

The Federal Trade Commission has reached an agreement with some of the largest cigar tobacco companies on a new requirement for placing warning labels on cigars. The health warnings will appear on advertisements (magazines, displays etc.) as well as on cigar products. Five required health warnings will be displayed on a rotating basis. For additional information see the Surgeon General's Report Fact Sheet on Warning Labels [http://www.cdc.gov/tobacco/sgr\\_tobacco\\_facts.htm](http://www.cdc.gov/tobacco/sgr_tobacco_facts.htm)

### Join us in Jacksonville, FL for our Fall Wellness Camp 11-13 October 2000

The registration fee for the camp is \$20 for all eligible beneficiaries (active duty, retirees, their family members and DOD civilians). It will be held at the Wellness Center at NAS Jacksonville, and will include a health/fitness assessment, a cholesterol level, aerobics, nautilus equipment instruction, as well as many classes and lectures on everything from the basics of nutrition to stress management. For more information or to register please contact the Wellness Center at (904) 542-5292/3, ext. 10. Please hurry, as seats are limited to 30 participants.



Having a bad day?

Pretend you're a kid and send yourself to time-out for 15 to 30 minutes. While there, nap, pray, meditate, write, read, listen to music or whatever else helps you find a sense of peace and calm.

*"It might seem easier to lie than face the truth, but honesty is generally less stressful in the long run".*